

Banana Bread Squares - USDA Recipe B50

Meal Components: Grains

B05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb 13 oz	1 qt 2 1/2 cups	3 lb 10 oz	3 qt 1 cup	<div>1. Place flour, sugar, instant dry milk, baking powder, baking soda, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 3.</div>
Sugar	1 lb 1 oz	2 1/2 cups 2 Tbsp	2 lb 2 oz	1 qt 1 1/4 cups	
Instant nonfat dry milk	2 oz	1/4 cup	4 oz	1/2 cup	
baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Baking soda		1 tsp		2 tsp	
Ground nutmeg		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Frozen whole eggs, thawed	7 oz	2/3 cup 2 Tbsp	14 oz	1 1/2 cups 1 Tbsp 1 tsp	<div>2. Combine eggs, water, and vanilla in a large bowl. Stir well.</div>

Vanilla extract		2 tsp		1 Tbsp 1 tsp	
Vegetable shortening, trans fat-free	6 oz	1 cup	12 oz	2 cups	3. Add shortening and egg mixture to dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed.
*Fresh bananas, mashed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups	4. Add mashed bananas. Add walnuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. Batter will be lumpy. DO NOT OVERMIX.
(Optional) Chopped walnuts	6 oz	1 1/2 cups	12 oz	3 cups	5. Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.
(Optional) Sweetened coconut, shredded	3 oz	1 cup	6 oz	2 cups	6. (Optional) Sprinkle coconut flakes on top of banana mixture before baking. 7. Bake until golden brown: 8. Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Bananas	1 lb 12 oz	3 lb 8 oz

Serving	Yield	Volume
See Notes	50 Servings: about 6 lb	50 Servings: about 3 quarts / 2 steam table pans (12" x 10" x 2 1/2")
	100 Servings: about 12 lb	100 Servings: about 1 gallon 2 quarts / 4 steam table pans (12" x 10" x 2 1/2")

Nutrients Per Serving					
Calories	142	Saturated Fat	1 g	Iron	
Protein	3 g	Cholesterol	15 mg	Calcium	21 mg
Carbohydrate	25 g	Vitamin A	42 IU	Sodium	135 mg
Total Fat	4 g	Vitamin C	1 mg	Dietary Fiber	2 g